



Gluten Free Lunch – All Levels

July Explore 2019

(5)	1 MONDAY	2 TUESDAY	3 WEDNESDAY	4 THURSDAY	5 FRIDAY
	8 MONDAY	9 TUESDAY	10 WEDNESDAY	11 THURSDAY	12 FRIDAY
	15 MONDAY	16 TUESDAY	17 WEDNESDAY	18 THURSDAY	19 FRIDAY
	22 MONDAY	23 TUESDAY	24 WEDNESDAY	25 THURSDAY	26 FRIDAY
	29 MONDAY	30 TUESDAY	31 WEDNESDAY	THURSDAY	FRIDAY

1 MONDAY

2 TUESDAY

3 WEDNESDAY

4 THURSDAY

5 FRIDAY

8 MONDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sweet Potato Fries
 Apple Slices/ Juice
 Assorted Milk

9 TUESDAY
 Nachos OR
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Refried Beans
 Fzn Strawberry Cup/ Juice
 Assorted Milk

10 WEDNESDAY
 Ham & Cheese - No Sub Roll
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Green Beans
 Applesauce/ Juice
 Assorted Milk
 Milk

11 THURSDAY
 Chef Salad w/ 2 oz Tortilla or
 Frito Corn Chips
 Mashed Potatoes – No Gravy
 Peaches/ Juice
 Assorted Milk

12 FRIDAY
 Grilled Chicken Sandwich –
 No Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sliced Carrots
 Craisins/ Juice
 Assorted Milk

15 MONDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Baked Beans
 Apple Slices/ Juice
 Assorted Milk

16 TUESDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sliced Carrots
 Fzn Strawberry Cup / Juice
 Assorted Milk

17 WEDNESDAY
 Pork Roast
 w/ 2 oz Tortilla or Frito
 Corn Chips
 Steamed Broccoli
 Applesauce/ Juice
 Assorted Milk

18 THURSDAY
 Chef Salad
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Mashed Potatoes– No Gravy
 Peaches / Juice
 Assorted Milk

19 FRIDAY
 Ham OR Turkey & Chz.
 w/ 2 oz Tortilla or Frito
 Corn Chips
 Green Beans
 Mixed Fruit/ Juice
 Assorted Milk

22 MONDAY
 Tater Bite Nachos
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Baked Beans
 Apple Slices/ Juice
 Assorted Milk

23 TUESDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sweet Potatoes
 Fzn Strawberry Cup / Juice
 Assorted Milk

24 WEDNESDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Green Beans
 Applesauce/ Juice
 Assorted Milk

25 THURSDAY
 Chef Salad w/ 2 oz Tortilla or
 Frito Corn Chips
 Steamed Broccoli
 Peaches / Juice
 Assorted Milk

26 FRIDAY
 Grilled Chicken Sandwich – No
 Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sliced Carrots
 Craisins / Juice
 Assorted Milk

29 MONDAY
 Nachos OR
 Up to 2 Vegetables
 Baked Beans
 Apple Slices/ Juice
 Assorted Milk

30 TUESDAY
 Cheeseburger – NO Bun
 w/ 2 oz Tortilla or Frito Corn
 Chips
 Sliced Carrots
 Fzn Strawberry Cup / Juice
 Assorted Milk

31 WEDNESDAY

THURSDAY

FRIDAY

Nutrition Services Vision:
 "To provide meals and service that enrich and nourish lives."
 Menus are subject to change



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